



Mattoon Police Department  
Physical Abilities Test  
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# Mattoon Police Department

## Physical Abilities Test

The purpose of the physical abilities test is to determine the applicant's ability to meet the physical demands of a number of law enforcement activities. This test is a “sample” of a number of law enforcement tasks necessary for the safe and effective performance of law enforcement duties.

### **Environmental considerations:**

The physical abilities test will be conducted outdoors. Proper physical fitness attire is required and must be provided by the applicant.

### **Medical considerations:**

Resting blood pressure will not be over 150/95 prior to the test. If, for any reason, you feel there is a condition that might cause injury, illness or result in a health emergency, you are strongly urged to see your physician prior to participation in the physical abilities test.

### **The following sequence of events will be followed exactly:**

1. Listen to the test instructions.
2. Receive a physical description of a suspect and listen to a recorded scenario. (Grader fires starter pistol to begin timing.)
3. Exit the squad car.
4. Run to nearby building, run up stairs, then down stairs.
5. Climb/descend seven foot ladder.
6. Cross road to jump simulated culvert. (Clearly marked 5 foot span)
7. Run through zig-zag cone course. There will be 8 cones (4 on each side). The cones will be 15 yards across from each other and 10 yards apart.
8. Run over mound. Then 10 yards to tunnel crawl.
9. Enter tunnel crawl. (Must complete to pass station.) Exit tunnel.
10. Run 25 yards to five foot wall and climb over. (Must complete obstacle without help, three attempts only to pass.)

11. Run 25 yards to window. Climb through 30" by 30" window at 48" off the ground. (Must complete to pass station, three attempts.)
12. Run 25 yards to Dummy drag station. Dummy is approximately 165 pounds. Drag dummy for a distance of 50 feet. Entire dummy must cross the line for completion of this station.
13. Run 25 yards to pistol station. Dry fire practice pistol through 8" ring without the barrel touching the ring. The trigger must be pulled 29 times. The dominant arm will be extended and elbow locked. A five second penalty is assessed for every time the barrel touches the ring. All 29 trigger pulls required to pass station.
14. Run twenty yards to finish line.
14. Identify suspect by description originally given. A five second penalty is assessed for wrong identification.

**This is a pass/fail test.**